

Florida Nutrition Training Guide

Nutrition Education Series

Workbook

for the

Prenatal & Postpartum Nutrition Module

Revised December 2003



Staff Member: _____

Local Agency: _____

Supervising Nutritionist: _____

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Introduction to the Workbook for the Staff Member

After completing each assigned set of *Self-Check* questions in your *Workbook*, you should **immediately** correct your responses by using the *Answer Key to the Self-Check Questions* that follows the *Self-Check* questions.

If you do not know the answer to one of the questions, reread the text to find the correct answer.

When you have finished reading/studying the module and have completed and corrected your own *Self-Check* responses, go to the *Practical Activity* in this *Workbook* and complete the assignments there. Be sure to read the *Instructions for Doing the Practical Activity*, which can be found at the beginning of the *Practical Activity*.

When you complete the *Practical Activity*, turn in your completed *Workbook* to your Supervising Nutritionist who will, in turn, correct/evaluate your completed *Practical Activity*. Also, he/she will do a quick review of your Self-Check answers for completeness.

Record all your answers directly in this Workbook.

Self-Check Questions

for the Prenatal & Postpartum Nutrition Module

1) Name at least 2 reasons why adequate nutrition during pregnancy is important:

- a) _____
- b) _____

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 2) _____ Low birth weight in infants is associated with an increased chance of illness and death during the period just before and after birth (the perinatal period).
- 3) _____ Only one prenatal visit to medical personnel is needed during the course of pregnancy.

Stop now and check your answers against the Answer Key before proceeding to the next section. The Answer Key to the Self-Check Questions for the Prenatal & Postpartum Nutrition Module begins on page 10 of this Workbook.

*The **line** that divides each group of self-check questions indicates that you should **STOP NOW** to check your answers before you move ahead to the next section of the module.*

4) Put a check next to the factors below which present nutrition risks for pregnancy:

- a) _____ Mother is normal weight prior to conception.
- b) _____ Inadequate weight gain during pregnancy.
- c) _____ Inadequate dietary pattern.
- d) _____ Medical conditions, such as gestational diabetes or hypoglycemia.
- e) _____ Mother is pregnant with more than one child, i.e. expecting twins or more.
- f) _____ Mother is 25 years old.
- g) _____ Mother is underweight (BMI is less than 19.8) before her pregnancy.
- h) _____ Mother is 16 years old.

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 5) _____ Certain health factors are considered to be *nutrition risks*, and these nutrition risks affect a woman’s nutrient needs and/or her dietary intake. These women at risk need special consideration for nutrition counseling.
 - 6) _____ Using illegal drugs, alcohol, or cigarettes during pregnancy is okay because the mother’s body can filter out these harmful substances and they will not reach the fetus.
-

- 7) a) What is the recommended range of prenatal weight gain for a woman whose prepregnancy BMI range is within the normal weight range?
- b) What is the recommended range of prenatal weight gain for a woman whose prepregnancy BMI range is underweight?

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

- 8) _____ Pregnancy is an excellent time for an overweight woman to lose weight.
- 9) Circle the statement that is correct advice to give a pregnant woman about the *pattern* of weight gain she should aim for during her pregnancy:
 - a) She should gain a lot of weight during the first and second trimesters, and then lose some weight during the third trimester so that the delivery will be easy.
 - b) She should gain the amount of weight recommended for her prepregnancy BMI range *without* paying attention to the rate or pattern in which it is gained.
 - c) She should gain the amount of weight and follow the appropriate pattern of weight gain that has been recommended for her, based on her prepregnancy BMI range; aim to gain this weight at a steady rate that continues throughout her entire pregnancy.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

- 10) _____ It is acceptable for a woman to gain 12 pounds *during one week* of the third trimester of her pregnancy, as long as her total weight gain doesn’t exceed the weight gain range that was recommended for her.

11) a) Why does a woman's nutrient requirements increase during pregnancy?

b) The need for many nutrients increases during pregnancy. Name at least 4 of these nutrients.

12) Fill in the blanks below indicating the number of servings for each of the five food groups that are generally needed each day by most pregnant women, based on the Food Guide Pyramid recommendations. (Note: The "number of servings" is not a single number but a range such as 2 to 4.)

Food Group	Number of Servings Per Day for Pregnant Women
<i>Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group</i>	<hr/>
<i>Milk, Yogurt, & Cheese Group</i>	<hr/>
<i>Fruit Group</i>	<hr/>
<i>Vegetable Group</i>	<hr/>
<i>Bread, Cereal, Rice, & Pasta Group</i>	<hr/>

13) Fill in each blank with the correct food group (see question 12 above for names of food groups) that each of the following foods belongs to.

cottage cheese <hr/>	oranges <hr/>
corn tortilla <hr/>	broccoli <hr/>
apples <hr/>	crackers <hr/>
tuna <hr/>	yogurt <hr/>
pinto beans <hr/>	peanut butter <hr/>
scrambled eggs <hr/>	spaghetti <hr/>

14) List 2 reasons why pregnant adolescents are at higher nutrition risk than pregnant adult women:

- a) _____
- b) _____

15) Name at least 3 factors which can influence an individual's eating habits and food preferences:

- a) _____
- b) _____
- c) _____

16) What are 2 nutrients which function in the formation of new blood cells and need to be supplemented during pregnancy?

- a) _____
- b) _____

Place a "T" (for True) or an "F" (for False) in the space to the left of the following statement:

17) _____ If a pregnant woman takes a vitamin/mineral supplement, it is *not* important that she eats a well-balanced diet.

18) Describe some of the symptoms of a woman who has iron-deficiency anemia:

Fill in each blank with the correct word:

19) a) A _____ test measures the percentage of red blood cells in a sample of whole blood.

b) Vitamin _____ helps the body absorb iron.

20) Using diuretics and restricting salt intake during pregnancy might result in a _____ deficiency in the pregnant woman.

Circle the correct response in the parentheses:

21) Because of the demands that the developing fetus puts on the mother's iron stores, a woman's need for iron (increases / decreases) dramatically during pregnancy.

22) List 5 foods that are good sources of iron:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

23) List the prenatal nutrition guidelines that were presented in Part 1 of the Prenatal & Postpartum Nutrition Module:

24) Increasing physical activity and consuming more liquids, whole grains, fruits, and vegetables would be appropriate suggestions for a person with which of the following conditions: (Circle the correct answer.)

- a) Nausea
- b) Constipation
- c) Heartburn

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

25) _____ It is okay for a pregnant woman who suffers from heartburn to take antacid tablets from the drugstore *without* consulting her health care provider about this issue.

26) List at least 3 suggestions to relieve nausea in pregnancy:

- a) _____
- b) _____
- c) _____

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 27) _____ During pregnancy, a safe level of alcohol intake is no more than three drinks per day.
- 28) _____ Only medications approved by a health care provider for use during pregnancy should be taken.

Circle the correct response in the parentheses:

- 29) A woman who smokes during pregnancy increases her chances of delivering a (smaller / larger) than normal infant.
-

30) List 4 types of fish that can contain high levels of methylmercury:

- a) _____
- b) _____
- c) _____
- d) _____

Fill in the blank with the correct number:

- 31) Women and children can safely enjoy a variety of fish (other than those with a high level of methylmercury or those identified by the *Florida Fish Consumption Advisories* brochure) as long as they eat no more than _____ ounces per week of cooked fish.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 32) _____ It is *not* important for pregnant women to take appropriate food safety precautions to prevent foodborne illness.
- 33) _____ For specific information regarding fish caught in Florida waters and to view the *Florida Fish Consumption Advisories* brochure, go to the Department of Health website.
- 34) _____ Although not curative, nutrition support may maximize the body’s ability to fight infection and possibly delay further AIDS-related complications.
-

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 35) _____ It is critical for a mother to practice healthy nutrition habits even after the postpartum period because benefits of good nutrition are extended to future pregnancies and children.
- 36) _____ The importance of iron needs to be emphasized during the postpartum period because anemia is a widespread public health concern, especially among women of childbearing age.
- 37) _____ If a woman has a long history of poor calcium intake combined with other risk factors, **osteoporosis** can develop.
- 38) _____ Postpartum women do *not* need to be concerned about the amount of folic acid they consume each day.
-

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 39) _____ The Body Mass Index (BMI) is a helpful assessment tool for determining a new mother’s current weight status *and* a great tool for figuring out a desirable, healthy weight range for the new mother.
- 40) _____ Physical activity can improve aerobic fitness, flexibility, and muscle toning, which are important benefits for all postpartum women, including those who don’t need to lose weight.

41) List 3 health risks for women who are overweight or obese:

- a) _____
- b) _____
- c) _____

42) List 2 health risks for women who are underweight:

- a) _____
- b) _____

43) List the postpartum nutrition guidelines that were presented in Part 3 of the Prenatal & Postpartum Nutrition Module:

44) List 4 possible predictors of postpartum depression:

- a) _____
- b) _____
- c) _____
- d) _____

45) Put a check beside all of the things a postpartum woman, who had gestational diabetes mellitus (GDM) during her most recent pregnancy, should do:

- a) _____ try to reach and maintain a healthy weight
- b) _____ take insulin on a daily basis
- c) _____ have her blood sugar checked a minimum of once every 3 years
- d) _____ contact her doctor if she's having any symptoms of type 2 diabetes
- e) _____ not worry about it if she gets pregnant again, since you can't have GDM twice

Place a "T" (for True) or an "F" (for False) in the space to the left of each of the following statement:

46) _____ When talking to a woman who has had a pregnancy loss, you should tell her all about your own experiences related to loss so that she knows you understand and to help take her mind off her own situation.

47) List 3 tips for counseling postpartum teens:

- a) _____
- b) _____
- c) _____

✍ After checking your answers to Questions 44-47, you should next go to the "Practical Activity for the Performance Objectives" for the Prenatal & Postpartum Nutrition Module, which is contained in this Workbook. Complete the Practical Activity according to the instructions provided throughout the Practical Activity section.

Answer Key to the Self-Check Questions

for the Prenatal & Postpartum Nutrition Module

- 1) Any 2 of the following answers are correct:
 - To maintain mother's body tissues and nutrient stores.
 - To decrease the chance of complications and difficult deliveries, including prematurity, stillbirths, birth defects.
 - To decrease the chances of having low birth weight infants.
 - To allow for the normal growth and development of the fetus.
 - To ensure the health of pregnant women and their babies.
 - 2) T
 - 3) F Regularly scheduled check-ups during the pregnancy are advisable.
-
- 4) b, c, d, e, g, h
 - 5) T
 - 6) F These substances are known to have harmful effects on the developing fetus and should not be used during pregnancy.
-
- 7) a) 25 to 35 pounds
b) 28 to 40 pounds
 - 8) F No one should attempt weight loss or maintenance of prepregnancy weight during pregnancy. Most overweight women should gain between 15 to 25 pounds during pregnancy, and most obese women should gain 15 pounds during pregnancy. (In some situations with the obese woman, less weight gain may be recommended by the health care provider.)
 - 9) c
 - 10) F Large and rapid changes in the weight gain pattern may signal a serious problem and should be immediately reported to the appropriate health care provider for evaluation and corrective action.

- 11) a) Because during pregnancy, a woman must provide for her own nutrient needs plus those of her growing baby.
- b) Iron, folic acid (folate), and protein are among the most important nutrients whose requirements increase during pregnancy. Other nutrients that are needed in increased amounts during pregnancy include: vitamin A, the B vitamins, vitamin C, choline, and several minerals.

12)	Food Group	Number of Servings Per Day for Pregnant Women
	Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group	<i>2 to 3 servings (for a total of 6 to 7 ounces)</i>
	Milk, Yogurt, & Cheese Group	<i>3 to 4 servings</i>
	Fruit Group	<i>3 to 4 servings</i>
	Vegetable Group	<i>4 to 5 servings</i>
	Bread, Cereal, Rice, & Pasta Group	<i>9 to 11 servings</i>

- 13) cottage cheese — Milk, Yogurt, & Cheese Group
 corn tortilla — Bread, Cereal, Rice, & Pasta Group
 apples — Fruit Group
 tuna — Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
 pinto beans — Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
 scrambled eggs — Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
 oranges — Fruit Group
 broccoli — Vegetable Group
 crackers — Bread, Cereal, Rice, & Pasta Group
 yogurt — Milk, Yogurt, & Cheese Group
 peanut butter — Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
 spaghetti — Bread, Cereal, Rice, & Pasta Group

-
- 14) Any 2 of the following reasons: they may not yet have completed their own growth and development; unhealthy eating habits; influence of social risk factors.
- 15) Any 3 of the following factors: income level, cultural background, religious beliefs, climate, geographic location, agricultural conditions, philosophical attitudes about food.

- 16) Iron and folic acid
- 17) F Vitamin/mineral supplements do not take the place of a nutritionally adequate diet.
-

18) A woman who is anemic may look pale; she may be tired, listless, irritable; she may report headaches, dizziness, and a drop in appetite. She may also experience an increased incidence of infection because iron is associated with normal immune function.

- 19) a) hematocrit
b) C

20) sodium

21) increases

22) Look at the chart on page 40 of the module for those foods which are high in iron.

23) Encourage the client to:

- ✓ Follow the Food Guide Pyramid recommendations and choose foods from each of the five food groups with an awareness of the appropriate number of servings per day and the amount of food in each serving size. The number of servings per day from each food group may need to be modified by the nutritionist depending on the woman's individual needs.
 - ✓ Gain weight in a gradual and steady manner. The total weight gain that is recommended for the pregnancy is as follows:
 - normal weight range woman: 25 to 35 pounds
 - underweight woman: 28 to 40 pounds
 - overweight woman: 15 to 25 pounds
 - obese woman: 15 pounds
 - ✓ Take a prenatal vitamin/mineral supplement, which includes iron and folic acid, as prescribed by a health care provider.
 - ✓ Avoid weight-reduction diets.
 - ✓ Avoid the use of diuretics, and avoid both an excessive or restrictive use of salt.
 - ✓ Consider reasonable physical activities, but only after the woman discusses her physical activity plans with her health care provider.
-

24) b

25) F A pregnant woman should not take any over-the-counter medications unless approved by her health care provider.

26) Refer to suggestions shown in the module on pages 46-47.

27) F Because there is no safe level of alcohol that a pregnant woman can drink and at the same time be certain she is not harming the fetus, alcohol should be avoided during pregnancy.

28) T

29) Smaller. Smoking can reduce the birth weight of the infant.

30) Shark, Swordfish, King Mackerel, Tilefish

31) 12

32) F It is important for pregnant women to take appropriate food safety precautions to prevent foodborne illness.

33) T

34) T

35) T

36) T

37) T

38) F Nutrition counseling for all women who are capable of becoming pregnant should include the recommendation for the client to consume foods with sufficient folic acid and/or to take a dietary supplement of folic acid (such as a multivitamin)—or a combination of these sources—to equal a minimum of 400 micrograms of folic acid each day.

- 39) T
- 40) T
- 41) Any of the following answers are acceptable: diabetes; hypertension; heart disease; infertility; complications during pregnancy (such as early delivery, gestational diabetes, gestational hypertension, and cesarean section); and delivering a baby with birth defects, including neural tube defects.
- 42) Any of the following answers are acceptable: osteoporosis; menstrual irregularity; infertility; and delivering an infant with fetal growth restriction.
- 43) Encourage the postpartum client to:
- ✓ Follow the Food Guide Pyramid recommendations and choose foods from each of the five food groups with an awareness of the appropriate number of servings per day and the amount of food in each serving size. The number of servings per day from each food group may need to be modified by the nutritionist depending on the woman's individual needs.
 - ✓ The client should be instructed to give particular attention to consuming adequate amounts of iron, folic acid, and calcium.
 - ✓ Once you've established a weight range goal for a postpartum woman, it's important to put it in perspective for her, keeping the focus on overall health and healthy lifestyle habits.
 - ✓ Consider reasonable physical activities, but only after the woman discusses her physical activity plans with her health care provider.
-
- 44) Any of the following answers are acceptable: prenatal depression; poor self-esteem; child care stress; stressful life events; lack of social support; history of depression; infant temperament; being single; low socioeconomic status; unplanned pregnancy.
- 45) a, c, d
- 46) F When talking to a woman who has had a pregnancy loss, you should avoid telling her all about your own experiences related to loss.
- 47) Any of the tips listed on page 75 of the module are acceptable responses.

You are now ready to:

*✍ **GO TO** the "Practical Activity for the Performance Objectives," which immediately follows this Answer Key in your Workbook. Complete the Practical Activity according to the instructions which are presented throughout the Practical Activity.*

Practical Activity for the Performance Objectives

for the Prenatal & Postpartum Nutrition Module

This *Practical Activity* directly relates to the Performance Objectives that you read on the Objectives page at the beginning of this *Module*. Please read the Performance Objectives once again to familiarize yourself with what you will be doing in the following *Practical Activity*.

Instructions For Doing The Practical Activity

- This is an “open book” activity. Use any information from the *Prenatal & Postpartum Nutrition Module* to help you complete this *Practical Activity*.
- **Record your answers directly in this Workbook.**
- You will **not** be “grading” your *Practical Activity* responses; your completed *Practical Activity* will be evaluated by the Supervising Nutritionist who will use an *Answer Key* that has been provided with his/her *Evaluation Materials*. If you answer at least 85% of the questions and assignments of the *Practical Activity* **correctly and completely**, this is considered acceptable completion of the *Practical Activity*. If you receive an “unacceptable” rating, then you will be asked to repeat the appropriate sections of the *Practical Activity* until they are done “acceptably.”

Materials Needed for this Practical Activity:

- this *Workbook*
- pencil/pen
- *Preschool Child Nutrition Module* for reference

After studying the *Prenatal & Postpartum Nutrition Module*, you are aware that adequate weight gain, the pattern of weight gain, and a proper diet are important for prenatal clients. You have learned that the Food Guide Pyramid is a valuable tool to use when counseling pregnant women about wise food choices for a healthy diet. You have also learned that pregnant adolescents are considered to be at a higher nutrition risk than pregnant adult women. Additionally, you have read about other issues such as the negative effects of smoking during pregnancy, as well as the importance of adequate nutrition during the postpartum period.

This *Practical Activity* is designed to help you become more familiar with these concepts and issues and to prepare you to effectively provide basic nutrition counseling to low risk clients.

Read the case study about Glenda J. below and then follow the instructions in the order they are presented to you.

Case Study of Glenda J.

Glenda J. is 17 years old and is 4 months pregnant. Today is her first prenatal visit. Her prepregnancy weight falls within the normal weight range and her weight gain thus far is adequate. Her hematocrit is normal. She reports to you that she smokes about one-half pack of cigarettes a day. A review of her Nutrition Assessment Form shows that her diet is high in “non-nutritious” snack foods, and low in fruits, vegetables, and dairy products. She reports to you that she prefers to snack frequently rather than consume regular meals. However, when she does eat a meal, it is often eaten at a fast food restaurant with friends. She expresses to you concerns about gaining too much weight during her pregnancy, and has already mentioned that she plans to go on a diet right after the baby is born.

Note: Glenda’s case study involves situations that all qualify as low risk. **If a client is high risk or medically high risk, refer her to the nutritionist.** For example, if Glenda was less than 16 years of age when she became pregnant, she is high risk and must be referred to the nutritionist.

After reading the case study about Glenda J. above, it is evident that some of Glenda’s habits, dietary patterns, and attitudes could have a negative impact on her pregnancy.

Name 3 major “problem areas” related to eating habits, lifestyle habits, or other factors:

- 1) _____

- 2) _____

- 3) _____

According to the case study, two of Glenda's dietary patterns that may contribute to her inadequate diet (which is high in non-nutritious snack foods and low in fruits, vegetables, and dairy products) is that she frequently snacks on non-nutritious foods and she often eats at fast food restaurants with her friends.

Based upon the case study, develop 3 specific recommendations to share with Glenda about *her snacking on non-nutritious foods*, and how to wisely choose snack foods that will contribute to improving the nutritional quality of a pregnant woman's diet:

- 4) _____

- 5) _____

- 6) _____

Develop 3 specific recommendations to share with Glenda about *eating at fast food restaurants* and how to wisely choose fast foods that will contribute to improving the nutritional quality of her diet.

- 7) _____

- 8) _____

- 9) _____

10) Circle the letters of the following statements that represent information/advice/counseling tips that would be appropriate to share with Glenda regarding her smoking habit:

- a) Tell Glenda that it is never too late to quit smoking.
- b) Tell Glenda that a woman who quits smoking when she discovers she is pregnant increases the chance of a good pregnancy outcome.
- c) Warn Glenda that if she cannot quit smoking altogether, then she should not try to cut back.
- d) Remind Glenda that the primary goal of weight gain during pregnancy is to deliver a healthy weight baby. Smoking will make this goal harder to achieve—the use of cigarettes during pregnancy has been shown to lower the birth weight of the infant.
- e) Tell Glenda that women who smoke during pregnancy tend to have a higher percentage of premature babies and a higher percentage of spontaneous abortions.
- f) Tell Glenda that she should feel guilty for smoking and if anything goes wrong in her pregnancy, she is to blame.
- g) Provide Glenda with support, encouragement, and praise during counseling sessions about her quitting smoking, such as: “I see that you are trying very hard to cut back. You report that you are down to 2 cigarettes a day. Congratulations!”
- h) If available, refer Glenda to an appropriate smoking cessation program in your local area.

Note about questions 11 through 16 which follow: *These questions can be done as a written assignment or it can be completed as an oral “role-playing” assignment, with you providing the basic nutrition counseling to your Supervising Nutritionist (who will be playing the role of Glenda). Either option is “open book”—use whatever notes/resources are necessary. Consult with your Supervising Nutritionist about these two options (written or oral) for questions 11-16—the appropriate option will be determined by your Supervising Nutritionist.*

According to the case study, Glenda is worried about weight gain during her pregnancy and after the baby is born.

11) Explain to Glenda why adequate weight gain during pregnancy is important.

12) Explain to Glenda how her weight gain is distributed during pregnancy.

One major consideration to keep in mind when counseling Glenda is her age. Since Glenda is a teen, try to be sensitive to the fact that many teen pregnancies are unplanned, and many teens try to hide or deny their pregnancies as long as possible. In addition, as a pregnant teen she is considered to be at higher nutrition risk than pregnant adult women. She needs special advice regarding why it is so important that she consume an adequate diet especially now during her pregnancy, and also during her postpartum period. List two reasons that you could give to Glenda to explain why she is at a higher nutrition risk as a pregnant teen.

13)

14)

List two counseling points to share with Glenda regarding why she should not attempt to lose weight immediately after her baby is born.

- 15) _____

- 16) _____

You have just completed the *Practical Activity*! Turn in your completed *Workbook* to your supervising nutritionist. She/he will evaluate your *Practical Activity* responses by using the *Answer Key to the Practical Activity* for the *Prenatal & Postpartum Nutrition Module*, which is included in the *Evaluation Materials for the Supervising Nutritionist*. (The supervising nutritionist will also do a quick review of your self-checks to ensure that they were completed and appropriately “graded” by you.)

When the supervising nutritionist is done with evaluating your *Practical Activity*, she/he will set up an appointment with you to discuss the results. At this time, the supervising nutritionist will also set up a time for you to take the *Posttest* for the *Prenatal & Postpartum Nutrition Module*. The supervising nutritionist will administer this test.

To prepare for the *Posttest*, you will want to review:

- the Knowledge Objectives listed at the front of the *Module*—remember that the *Posttest* questions are directly related to the Knowledge Objectives.
- the *Prenatal & Postpartum Nutrition Module*.
- your completed *Workbook of Self-Check* answers and the *Practical Activity*.

Remember that the *Posttest* is **not** an “open book” test.



**Florida Department of Health
Bureau of WIC and Nutrition Services**

